

USATF Pacific Board of Athletics

Complied Committee Reports: January 16, 2018

Associations Report

Dave Shrock (aecchair@usatf.org)

Thirty-Two Pacific members were seen at the early December Annual Meeting in Columbus.

To review all meeting reports-presentations, refer to:

<http://www.usatf.org/Events---Calendar/2017/2017-Annual-Meeting/Document-Library.aspx>

2018 Annual Meeting: Hyatt Regency in Columbus – 29 November-2 February

Coaches Committee

Dave Shrock (coaches@pacific.usatf.org)

- At the Columbus Annual Meeting details for an educational component for being a member of the Coaches Registry was discussed. Through 2018 coaches will be requested to submit substantiation of coaching education or request for equivalence to be a member of the Coaches Registry.
- Level 1 coaching recertification was also announced with stipulations before 31 Dec, 2019. Those Level 2 or 3 coaches are exempt, while those wishing to maintain their Level 1 Certification must take some continuing education class before the end of 2019.
- 58 coaches attended the Association Level 1 School at Chabot 13-14 January. The following coaches earned full tuition scholarships to attend the school: Schuler Hall – Mt Eden HS, Hayward; Zachary Holt – The Athenian School, Danville; Carmen Mellow – St. Teresa of Avila School, Carson City; Carl Rose – Strawberry Canyon TC, Berkeley; Chris Rugado – Central Valley Road Runners TC, Modesto; Stephanie Trafton – Galt HS, Galt, Olympian.
The next Association Level 1 will once again be MLK weekend in 2019.
- The Pacific Assoc. Committee will once again co-sponsor the HOKA SuperClinic at Sacramento City College on Saturday, 3 Feb. Local presenters include two-time Olympian Grace Upshaw, and international Coach John Rembao.
- SafeSport Training will take place at the following locations:
20 January – 2.45-4.15pm at ARC officials Clinic
3 February – 3.30-5.00pm at HOKA SuperClinic (*Sacramento City College*)
11 February – 3.30-5.00pm at Serra HS (*San Mateo*) Officials Clinic

Masters Track and Field Committee

Joseph Ols (masterstf@pacific.usatf.org)

Date of combined MTF / Open PA T&F Championships has been tentatively set for June 10th 2018:

- only date Al Hernandez feels works well enough
- one of the few dates MTF feels works (e.g., 1 of 3 weekends that works for Leroy Milam to be Meet Director)
- Fred Baer said he suspects his athletes might want more chances to compete in May and has other issues with June 3rd & 10th, so has been collecting input from his athletes since Jan 4th re possibly preferring Memorial Day Weekend
 - Informal MTF input at Jan 6 Los Gatos All Comers meet resulted in unanimous strong preference against Memorial Day Weekend when many are out of town. Any weekend is better than Memorial Day Weekend was the consensus
 - Leroy Milam currently is not available Memorial Day Weekend
- Leroy Milam has confirmed for June 10th as Meet Director.

- Brooks Esser has confirmed for June 10th as Announcer.
- Written Request has been submitted to SMC for June 10th as venue.
- Waiting on input (historical / estimated # athletes) from Fred Baer to complete Flyer draft and USATF Reg System for meet (regardless of date).
- Request sent to Peter Tapia to handle Medical & Awards.
- Request sent to Irene as Clerk.
- Confirmed neither Wine Country Sr Games nor Pride Meet yet (nor Sierra Gold MTF Festival) scheduled on June 10th.
- Communicated to both Wine Country Sr Games and Pride Meet not to hold their meets June 10th.

On Jan 15, 2018 the following Email Blast is to be sent out by Cynici on behalf of the MTF Committee.

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Yes, we're here to help keep your New Years Resolution of *more-track-and-field!*

Many Winter Track meets on our [calendar](#). As always, tell meet directors to submit more using this link <https://www.pausatf.org/submitting-event-pa-calendar/>, or do it yourself.

Our MTF Championships will be combined with the Open meet this year, June 10th.

2018 PA MTF major meets include:

- Bay Area Sr Game: tbd
- USATF PA MTF/Open T&F Championships: June 10th
- Wine Country Sr Games: tbd
- Sierra Gold MTF Festival: June 16th
- USATF Nat'l Combined Events Championships (Grass Valley, CA Pacific Assoc!): June30-July 1
- Pride Meet: July 7th
- Many National Big Meets: http://www.usatfmasters.org/cal_bigmeets.htm

Our big new years news is **Congratulations to 2017 PA MTF Grand Prix winners!** Plaques will be created for top 3 in each category and mailed directly to you (if winners [email me](#) your mailing address, otherwise at Awards Table at our Championships).

A HUGE Thank You! to **Inka Mims** who did a fantastic job compiling everything! BTW, Inka is another amazing PA MTF athlete ...*how amazing?* Look below(*).

Place	Athlete	Points	Place	Athlete/Group	Points
Sprints/Hurdles			All-Around:		
1	Joy Upshaw	3.646	1	Joseph Ols	19.283
2	Bob Thurman	3.149	2	Joy Upshaw	14.055
3	Joseph Ols	2.785	3	Bob Thurman	11.202
4	Bob Lang	2.596	4	Inka Mims	10.672
5	Lynne Hurrel	2.591	5	Richard Harmon	9.771
Middle/Distance			Teams		
1	Inka Mims*	3.369	1	Sierra Gold	167
2	Lynne Hurrell	3.341	2	San Francisco Track & Field	149
3	Arnold Utterback	3	3	Tamalpa Runners	116
4	Bob Thurman	2.858	4	Weight City	90

5	Makie Ohler	2.784	5	SC Striders Track Club	66
Jumps			Employer		
1	Richard Harmon	2.913	1	OLS Controls	87
2	Bob Thurman	2.775	2	Salesforce	36
3	Joy Upshaw	2.725	3	SLAC	30
4	Joseph Ols	2.28	4	Chevron	16
5	Arnold Utterback	0.701	5	IDEO	14
Throws					
1	Ian Reed	3.694			
2	Stephen Adelman	2.787			
3	Kathy Slouber	2.161			
4	Richard Harmon	1.966			
5	Joseph Ols	1.775			

(*) Dr. Inka Mims (PhD Genetics) is another great PA MTF athlete:

- Current USA Champion in 10,000m & 5000m *and* runner-up in 1500m, ALSO former USA nat'l champ 800m
 - *12.5x distance range ... like being national champion at 60m à 800m!*
 - e.g., Usain Bolt is pretty good athlete too, but unlike Inka he won't even enter the 800m, 400m (60m?) much less win them all
- Ranked #1 in the USA for 2017 at 10,000m
- World Champion (3 person team) in Cross Country and 3rd in world in 10,000m (Lyon, France 2015)
- Current PA Champion in the 5000m and 10,000m
- Current Grand Prix Champion as *USAF Pacific Asoc's Outstanding Middle / Distance Athlete*
- And (the only thing Inka requested be said about her), "a very proud member of the Sierra Gold Team"

Treasurer's Report

J.R. Heberle (treasurer@pacific.usatf.org)

Irene has appointed me Chair of the Financial and Audit Committee. Per our bylaws, the Athletes' Committee has three seats on this committee, and each of the following committees has one seat:

- Men's T&F
- Women's T&F
- Masters T&F
- Men's LDR
- Women's LDR
- Masters LDR
- Race Walking
- Youth
- Coaches
- Officials
- Para Athletics

Committees listed above who are interested in participating in the Finance and Audit committee, please choose a representative (up to three for Athletes') and submit that person's name to me by February 20 (via email: treasurer@pacific.usatf.org). This timeline will allow for an introductory conference call in advance of the Strategic Planning meeting in March.

LDR Committee

Angie Longworth (foxhorsepower@gmail.com)

Road

2018 Road Grand Prix Final Schedule (6 short, 6 long, 1 relay):

Feb. 4	Super Sunday Run 10K	Sacramento
March 3	NorCal John Frank Memorial 10-Mile	Redding
March 11	Reach for a Star 5K	Brisbane
April 8	Credit Union SACTOWN Ten Mile Run	Sacramento
April 29	Stow Lake Stampede 5K	San Francisco
May 6	Devil Mountain Mile of Truth	Danville
June 10	Across the Bay 12k	San Francisco
June 24	One Mile Bang	Los Gatos
July 4	Morgan Hill Freedom Fest 5K	Morgan Hill
Oct. 7	Urban Cow Half Marathon	Sacramento
Nov. 11	Clarksburg Country Run Half Marathon	Clarksburg
Dec. 2	California International Marathon	Folsom to Sacramento
Dec. 16	Christmas Relays	San Francisco

Road Comps can be found here:

XC

Cross country schedule almost finalized. Similar to previous years; no surprises.

Ultra

Jean Pommier has created a flier to promote the Ultra Grand Prix, with the intent of handing them out at ultra races to bring more awareness of our association to ultra runners.

2018 MUT (Ultra running) Grand Prix schedule:

(All races start on Saturdays unless specified otherwise.)

February 3: Jed Smith 50K

February 17: FOURmidable 50K – Auburn, CA (National Championship in 2019)

March 3: Way Too Cool 50K – Cool, CA

April 7: American River 50-mile – Folsom, CA

April 21: Ruth Andersson 50-mile or 100K – San Francisco, CA

May 12: Quicksilver 50K or 100K

May 19: SilverState 50-mile – Reno, NV

May 20 (Sunday): Ohlone 50K – Fremont, CA

June 1 (Friday 6pm): Summer Solstice 24-hour – San Francisco, CA

August 5 (Sunday): Skyline 50K – Castro Valley, CA

August 25: Tamalpa Headlands 50K – Muir Beach, CA

September 1: Headlands Hundred 100-mile – Sausalito, CA

September 15: Folsom Lake Ultras 100K – Granite Bay, CA

November 3: Rio Del Lago 100-mile – Granite Bay, CA

Banquet

The Annual PA LDR Awards Banquet will be held on Feb. 3, 2018 (5:30 pm to 9 pm) at the Dante Club in Sacramento and hosted by the Buffalo Chips Running Club. Bring your team members to celebrate the top USATF Pacific competitors for 2017 Road, Ultra and Cross Country Grand Prix events.

Guest Speaker is Olympic icon Billy Mills (1964 Gold Medal in the 10,000m)

Hearty buffet with vegetarian options
\$30 per person

Youth Committee

Charlotte Sneed (pa.youthcommittee@gmail.com)

The 2018 Youth Track and Field season is prepared to begin this March.

The schedule is available on the Pacific Association website's Youth page. There are 7 club hosted meets that will be followed by the Pacific Association Youth Championships and the Junior Olympic series.

The Youth Committee continues its search for suitable venue for the championship events. Please contact Charlotte Sneed, pa.youthcommittee@gmail.com, with any potential event locations.